

# FROM THE SOLE

Tips to keep you running at your best



# intraining

running injury clinic

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# TOP 5 RUNNING TIPS FOR SUMMER

By Doug James  
intraining physiotherapist and podiatrist

Summer usually signals the offseason for fun runs in Australia. But just because there aren't many races on doesn't mean you can't make good use of this time.

- Tip 1:** Rest, recover, recuperate! After a long running season, most runners will pick up niggles or injuries that would likely benefit from a rest week or two.
- Tip 2:** Cross train. Summer running can be hot and uncomfortable, so trying swimming, deep water running or even cycling can be a good way to maintain your fitness while keeping cool.
- Tip 3:** Focus on form. Good form can lead to improved performance while minimising injury, and the offseason is the ideal time to work on your running technique. Intraining runs Form Workshops in December and February
- Tip 4:** Work on your core. Good core strength can help improve your running form, and also reduces risk of injury. Intraining offers Pilates classes designed to help build core strength and improve flexibility.
- Tip 5:** Train on trails. Brisbane has some easily accessible off road runs that offer runners a bit of shade and variety to their usual training.



**Make the most of this summer so you can look forward to a fast 2017 season!**  
For more information on Form Workshops or core strength classes visit the [intraining website](#).

# CALF STRENGTH FOR RUNNERS

By Doug James  
intraining physiotherapist and podiatrist

Calf and Achilles tendon injuries are fairly common in runners. As with most injuries – prevention is always preferable. Try these easy exercises – they not only help with prevention but also are useful rehab exercises if you are suffering with an injury.

## Exercise: Isometric calf holds.

**Use when:** Building strength in your calf and Achilles if currently injured, or are struggling with the more advanced exercises  
**Technique:** Stand on tip toes on both feet for 30 seconds. Rest briefly before repeating 2x further.  
**Progression:** Increase difficulty by increasing hold time, then progress to standing on one leg only.

## Exercise: Calf raises

**Use when:** Building strength but have minimal pain in the calf or Achilles  
**Technique:** Stand on tip toes on two feet, then slowly lower down on one leg only. Repeat 3x12 each leg.  
**Progression:** Increase the number of sets and repetitions slowly. Can try raising and lowering on one leg only, and lowering off a step.

## Exercise: Bouncing

**Use when:** Building strength and power. Best done when pain free.  
**Technique:** Stand on tip toes and bounce up and down (keeping the ball of your feet on the ground). Repeat 30-40x for 3 sets.  
**Progression:** Increase difficulty by increasing the number of bounces, then progress to standing on one leg only.



# SURVIVING CHRISTMAS

By Liz Lovering,  
sports dietitian, runner,  
coach and chef

Christmas is a time for parties with colleagues, friends or family. This usually means plenty of food and drink choices on offer. But don't dread this time of year, instead embrace the fact that it's a celebration time and have a few strategies up your sleeve to cope with the extra food and drink on offer.

- Don't go to functions overly hungry if you think it may tempt you to over indulge. e.g. if it's an after-work function don't skip lunch
- If it's a bring a plate a function and you are unsure what others will bring, then take a platter that includes some fresh fruit or vegetables so you know you have that to nibble on
- Allow yourself some treats, and enjoy them. The key is portion size
- Don't stand near the food table if you think that may tempt you to keep nibbling
- If someone insists on you having a drink, feel comfortable saying no to alcohol if you don't want any and graciously ask for a drink that you do want. You could also offer to be designated driver
- If you do feel you have over indulged, then aim to have lighter meals the day after a more indulgent day. Summer is a great time of year for salads and fresh fruit
- Try to remain active over the festive season to help balance out any extra food and drink intake, you could go a trail run, go swimming, or organise some family fun at the park or beach.



# FRUITY COCONUT CHRISTMAS TRUFFLES

**Ingredients** - Makes approx 25 balls

- 125g Light Ricotta cheese
- 125g Light Cream Cheese
- ½ cup pineapple (fresh or canned in juice and drained), finely chopped
- ¼ cup mango, finely chopped
- ½ cup dried cranberries, finely chopped
- 1 ½ cups desiccated coconut (+ extra coconut for coating)

## Method

- In a medium bowl mix the cheeses thoroughly with a wooden spoon
- Add the chopped fruit and mix well
- Add enough coconut so the mixture is firm enough to mould into balls
- Take teaspoons of the mix and roll into small balls (you may find that you need to firm up the mix in the fridge first)
- Roll the balls in coconut and fridge until firm

## Serving Suggestions and Tips

Delicious served straight from the fridge. Serve as a sweet treat at Christmas gatherings. You can change the fruit you add e.g. sultanas or chopped dates in place of cranberries



## Nutrition

Each truffle contains approximately 1.3g protein, 4.2g carbohydrate, 4.8g fat and 275kJ (65 calories).

# MANAGING CALF INJURIES

## Understanding and Managing Calf injuries

The Calf muscles are one of the more common sites of injuries experienced by runners. Calf injuries are often made worse because the initial symptoms are sometimes not severe enough to stop running. Stopping immediately is the key to a faster recovery time and a less significant injury.

## Recognising Calf Injuries

The difficulty is knowing what symptoms and sensations are indicative of a calf muscle injury, and what are just niggles from the previous week's training or racing. This is not easy as runners will describe and respond to symptoms differently. Some of the more common symptoms of a calf injury can include tightness, cramping, rippling or tingling, a sudden onset of pain, or a shot gun sensation, as if being kicked in the back of the leg. Following the onset of these sensations is knowing whether to continue running or to stop. Running won't be possible with obvious tears that are sudden, but with minor strains and mild tears it is physically possible to continue running.

Vague symptoms are harder to determine whether to stop during a run or even to start a run. However, there are a few simple rules you can follow to help make the decision.

- If the muscle gradually tightens and becomes worse as the run continues... stop.
- If the muscle tightens quickly or 'grabs' and does not relax shortly after... stop.
- If there is pain, an ache or constant niggling sensations during the day following the above symptoms, have a few days rest from running... don't even start a run.
- If you are uncertain and just 'have to run', stay close to home, do small laps and run on your own knowing that if the above symptoms persist or increase, you can stop.

Once you have made the decision to stop and go home, spend the next 15 minutes icing and planning the steps you need to manage this injury.

## Managing calf injuries

All calf injuries begin with the same treatment plan: ice, rest from running and limited daily walking activity. For the first few days, avoid heat, stretching and massage as these can contribute to increasing the severity of the tearing of the muscle. If the injury was more sudden and severe, you need to see a podiatrist or physiotherapist sooner. Early diagnosis of the severity and location of the injury helps set up a management plan for the initial treatment, and in giving you a better understanding of how long you may have off running, and how you will be able to return to running. It is particularly important to get help if you have an event or goal race coming up.

If you have not had a calf injury before, and are uncertain about the severity of the injury due to the vagueness of symptoms, it is worth seeing a podiatrist or physiotherapist early for treatment. Being given strategies on how to manage the niggles with your running can prevent the injury from becoming worse and to help heal the injury to avoid

repeated reoccurrences of the injury.

## Difficult and slow healing calf injuries

Some calf injuries are more difficult to diagnose and take longer to heal as they are not simply a muscle tear. Neuromuscular tears occur from within the muscle or referred from the back or gluteal areas when there is an impingement on the sciatic nerve or its branches. Intramuscular tears can occur where the muscle fibres are torn along the central septum (the spine-like structure of a muscle). These cause disruption to many more muscle fibres at their point of attachment and are slow to heal. Other possible causes of calf pain such as stress Fractures, and DVT's, need also to be considered if there is slow healing.

## Return to Running

The return to running following a calf injury needs to be done carefully to avoid re-injury. Distances should be kept shorter and your running pace needs to be easy. Your first runs should be done alone to avoid the pressure of staying with a group. Speed work should not be considered until you have confidence in being able to run easily without tightening of the muscle. Return-to-running programs under guidance are useful as they help keep your training measured and controlled. Keep your coach at training informed of your injury status so the sessions can be modified. Patience is essential.

Calf injuries need to be nurtured using a combination of anti-inflammatory treatment, change to training sessions, massage and exercises. Recognising the early signs and symptoms, and making early decisions can have a significant impact on the severity of the injury and on your return to running. The podiatry, physiotherapy, massage and coaching team at intraining are all runners with collective expertise in the treatment and management of calf injuries. In particular, they understand how to help you return to running safely.



By Margot Manning  
intraining podiatrist and coach

## Calf tear? Or other running injury?

[Check out our injury articles online here](#)

## RUNNING FORM WORKSHOPS

December 3rd 2016 & February 2017

**COST: \$30**  
(intraining Club members \$25)

### Running form is useful for:

- being lighter on your feet
- refocusing when tired
- regaining strength & co-ordination after injury
- improving running strength
- learning about running biomechanics

### Want to run like an Olympian?

- Learn to be lighter on your feet
- Reduce race fatigue & focus on form

### Returning from injury or time out from running?

- Retrain your body for strength and co-ordination

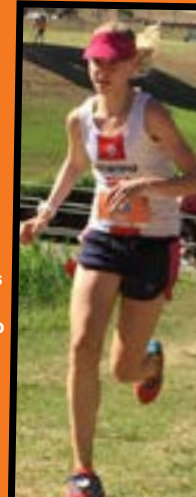
### Keen to develop strength and power to improve speed and to reduce injury?

- Learn how to combine running form drills with your training

## RUNNING LIGHTER ON YOUR FEET

Pounding the pavement does not refer to the forces you exert or the sound you make when running. For some runners this might actually be the case, but ideally, foot strike should be relatively noiseless. The sound your feet make as they land on the ground can be a cue of excessive forces on your body. Not only can this hinder your speed, but it can increase the risk of injury. Ideally foot strike noise should be minimal. If you are a 'noisy', then it is time to check if you are in the correct style of running shoes, or to think about altering your running form.

At the intraining Running Form Workshop on December 3rd, this will be a topic of discussion with a series of drills demonstrated to help practice the art of running lighter on your feet.



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[www.intraining.com.au/marathonschool](http://www.intraining.com.au/marathonschool)

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